



California Department of Veterans Affairs

NEWS FOR VETERANS

Contact: Robert Glazier
Jerry Jones
Jaime Arteaga
Legislation and Public Affairs
916-653-2192
Fax 916-653-2611
July 22, 2004

NEWS ARTICLES OF INTEREST TO VETERANS

BOARD OKS NAME CHANGE FOR ROAD TO VETS CEMETERY (Redding Record Searchlight)

Former servicemen applauded Tuesday at the prospect of the one-mile approach to the new Northern California Veterans Cemetery paying tribute to their organizations. The Board of Supervisors unanimously agreed to change the name of a stretch of Gas Point Road to Veterans Memorial Drive and allow veterans groups to display signs along the road. The 20-inch by 30-inch signs will be posted 200 feet apart on both sides of the road and will depict the names of some 50 veterans organizations in the north state. July 21, 2004 (Entire article can be read at the following URL: http://www1.redding.com/redd/nw_local/article/0,2232,REDD_17533_3052550,00.html)

DIXON FARMLAND TO BECOME NATIONAL CEMETERY FOR VETERANS (The KCRA Channel 3)

Farmland near Dixon will become the next national cemetery, serving as the final resting place for the area's veteran population. The Department of Veterans Affairs paid \$6 million for 561 acres owned by Alvin Hayman, a former Marine who served in World War II. July 20, 2004 (Entire article can be read at the following URL: <http://www.thekcrachannel.com/news/3555424/detail.html>)

VENTURA COUNTY STAND DOWN, JULY 23-25, 2004

WEEKEND EVENT AIMS TO HELP AREA HOMELESS VETERANS (Ventura County Star)

They live under bridges, in cars, behind buildings and in thick brush along riverbeds. An estimated 3,500 to 4,000 homeless military veterans live in Ventura County. Many are decorated soldiers who fought in wars overseas but now fight for survival at home. July 22, 2004 (Entire article can be read at the following URL: http://www1.venturacountystar.com/vcs/ve/article/0,1375,VCS_251_3055556,00.html)

KEEPING SAFE IN THE SUMMER SUN

By: David N. Tornberg, MD, MPH,

*Deputy Assistant Secretary of Defense for Clinical and Program Policy, and
Chief Medical Officer TRICARE Management Activity*

Summer weather is here and it's tempting to get out in the sun to enjoy the outdoors. Unfortunately, increased time outdoors is associated with a deadly skin cancer called melanoma. Over 50,000 new cases of melanoma are found every year in the U.S, and more than 7,000 Americans die of this disease each year, and the numbers are rising. But melanoma can be cured if detected and treated early

What is melanoma? Melanoma is a highly malignant skin cancer. It usually starts in a benign mole or

pigmented spot on the skin. The skin lesion typically is dark in color but may have areas of red, blue, or tan associated with the brown or black areas. It can be level with the skin surface in its early stages, or raised up into a nodule as it grows. Melanomas often have a notched or irregular border. Sometimes they bleed, ooze, or itch. Melanomas occur most often on the back in males and on the legs in females, but can occur anywhere including the palms of your hands, soles of your feet, on your scalp, and even under your fingernails. A melanoma is usually confined to the skin lesion at first, but once it becomes cancerous it can spread to organs distant from its initial location. The characteristics of a melanoma can be summarized as:

- A for Asymmetry: One side of the lesion is not a mirror image of the other.
- B for Border irregularity: The edge is notched or scalloped.
- C for Color variation: The lesion is not one solid color.
- D for Diameter: The lesion is larger than a pencil eraser.

Who is at risk? Most people who develop melanoma have light skin, but melanoma can strike anyone.

Risk factors include:

- Fair skin; light hair; blue, green or gray eyes
- Tendency to sunburn easily
- History of one or more blistering sunburns as a child
- History of a lot of exposure to the sun, even if the exposure ended when you became an adult
- Previous personal history of melanoma
- Family history of melanoma
- Compromised immune system

How can you prevent melanoma? The most effective preventive measure is avoiding sun exposure between 11:00 a.m. and 3:00 p.m., when ultraviolet radiation levels are highest. Tanning salons are dangerous as well. In Australia, which has the world's highest incidence of skin cancer, every child is taught to "Slip! Slop!

Slap!" to protect their skin:

- Slip on a long sleeved shirt (and other sensible clothing)
- Slop on some sun block (SPF 30, reapplied every 2 hours)
- Slap on a broad-brimmed hat that will protect your neck (and remember sunglasses, too)

Early detection of melanoma is critical to successful treatment. Look at your skin periodically to get familiar with your moles and birthmarks. If you notice an odd-looking skin lesion, especially a mole with one or more of the "ABCD" characteristics, contact your doctor as soon as possible. Melanoma can be cured if detected and treated early.

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